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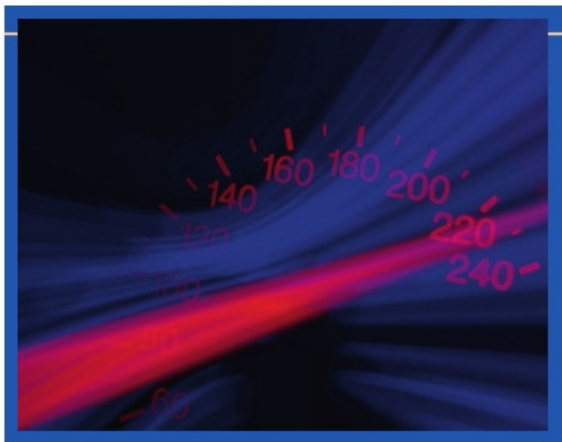
Bangalore Mirror

TEMP Max 27 | Min 18 | Humidity 88% Fog/mist in the morning and partly cloudy sky later Sensex 77,578 | Nifty 22,518 | Gold 77,070 | Silver 91,500 | Dollar 84.42 | Euro 88.86 | GBP 106.99

CITY / PAGE 3

BLAZE SHOCKER

Risks linked to charging, storage of lithium-ion batteries comes to fore after EV store tragedy



CITY / PAGE 5

SPEED KILLS

Report reveals speeding was responsible for overwhelming 90% of road accidents in state last year

Absence of Town Vending Committee hits hard in HSR Layout where group of bamboo basket makers are forced to make footpath their home, even as pedestrians are pushed to the road and authorities refuse to help

LIVING ON THE EDGE

KPTCL has written to BBMP about dangers of living so close to high power transformer

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For over four years, a group of bamboo basket makers has taken over a stretch of the footpath in HSR Layout's 27th Main Road. This footpath, adjacent to the Karnataka Power Transmission Corporation Limited (KPTCL) power grid that supplies electricity to multiple areas in South Bengaluru, has turned into a make-shift settlement. There have been repeated efforts by the community and temporary interventions by the authorities, but the group of squatters have not been relocated.

The illegally encroached footpath has been transformed into a living and working space, doubling as a bathroom, kitchen, and sleeping area. This forces pedestrians to walk on the road; two bus shelters along the road have also been occupied by the settlers, leaving buses parked haphazardly on the streets, further compounding the traffic woes.

> **"This issue has been raised by the community for the past two years. The encroachment has forced buses to park on the roads, as bus stops have been occupied**
>
> – Madhu Sudhan, Community Task force

"This issue has been raised by the community for the past two years. The encroachment has forced buses to park on the roads, as bus stops have been occupied. Pedestrians, including school going children from a nearby school located 3 km away, are compelled to walk on the roads. As there are no streetlights, the situation is dangerous at night.

CONTINUED ON PAGE 8 »

Cabin fever

Around 20 pourakarmikas in Begur have no use of Suvidha Cabin as there is no water supply to it

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Suvidha Cabins are supposed to help pourakarmikas as they are supposed to have changing rooms and separate toilets for men and women. The facility, introduced in recent years, is considered a boon for women pourakarmikas.

The Bruhat Bengaluru Mahanagara Palike (BBMP), in association with a private organisation, installed Suvidha Cabins at important locations of each ward in the city, but a few Suvidha Cabins are already of no use as they have no water supply.

A Suvidha Cabin at Begur ward is a case in point. More than 20 pourakarmikas depend on this facility to change into their uniforms and to use the toilet. But the cabin has no water supply, so these pourakarmikas are compelled to use open spaces or pay and use toilets to attend nature's call.

"We have no other option than attending nature's call at isolated places or vacant sites as there is no water supply to the toilet. We cannot go home or dare to use toilets meant for BBMP staff at the ward office. It is difficult for us to bring water in plastic pots or buckets from the nearby BBMP office," said

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Jazzy nights

Prepare for an unforgettable evening of jazz as acclaimed double bassist Renaud Garcia-Fons will take you on an evening of boundary-breaking music and unparalleled artistry. His music explores a universal sound, merging classical and jazz foundations with global influences drawn from flamenco, Afro-Latin, and Oriental traditions. Joining him are esteemed musicians who bring their own cultural influences to the performance: Antonio Ruiz (guitar), Jean Luc Di Fraja (percussion), and Halili Serkan (kannun).
Where: Windmills, Bengaluru
When: November 22 & 23, 9:30 pm onwards

02 Groove to beats

Join in for a night filled with soul-stirring music, awe-inspiring performances, and a vibrant community spirit with 'The Medicine Wheel,' a curated multisensory experience focused on the revival of live music and interactive art/media in an open-air format. Be part of a one-of-a-kind celebration of art, music, and movement featuring live music from Jatayu – Chennai's powerhouse carnatic rock band blending progressive rock, jazz, and funk into an electrifying soundscape, supported by Two Eyed Wizard, Altarium, and IndieFlow. **Where: Grasa Community & Courtyard, Honnenahalli**
When: November 22, 6 pm onwards

03 Climate festival

Explore the third edition of Azim Premji University's annual climate festival, 'Mountains of Life,' a celebration of mountains brought to life through an ensemble of art installations, photographs captured by young interns, music, movies, artefacts, interactive workshops, and more. The festival brings together students, artists, non-governmental organisations, teachers, young professionals, and community members and will provide a platform for local communities to share their experiences of living and working in the mountains. **Where: Azim Premji University, Bengaluru campus; When: Until November 26**

Bold strokes of strong legacy

Various artists join hands to paint a portrait of Dr BR Ambedkar in an attempt to create a world record as part of the 75th year Constitution celebrations at the Legislative House in Bengaluru on Tuesday

PIC: KAUSHIK JN

Time to crack the whip on unregistered tuition centres

Mandatory registration of coaching centres is still lacking in Karnataka: Officials say lack of awareness, adequate info among officials, tuition centre owners is causing delay in process

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Following allegations of gross violations, the Education Department's directive to make the registration of coaching and tuition centres mandatory, issued two years ago, is yet to be complied with. It was noted that numerous unregistered tuition centres continue to operate across the state, with minimal progress observed in ensuring compliance.

Sources said that in response to frequent complaints about issues arising from unregulated tuition centres and private tuitions, the department mandated the registration of such establishments in 2022. The move aimed to ensure facilities meet basic infrastructure, management, and child safety standards.

'The registration process requires the tuition centres to provide details about cleanliness, security, staff qualifications, and the facilities available for students'

Registration requirements

District-level authorities, particularly Deputy Directors of Education, were designated as registration officers to oversee the process. However, a lack of awareness about the directive has hindered its implementation. Many tuition centre owners are unaware of the registration requirements, and officials in several districts lack adequate information, causing delays in the process.

An official said, "The registration process requires tuition centres to provide details about cleanliness, security, staff qualifications, and the facilities available for students. Despite the availability of these provisions, a significant number of operators and even officials remain uninformed, highlighting the need for stricter oversight. Like schools and hostels, tuition and coaching centres must comply with child protection laws. Registered centres are expected to create a safe and conducive environment for learning."

> **"While education department has issued clear orders, on-ground implementation of registration policy remains sluggish**
> –KT Tippeswamy, KSCPCR member

Measures taken on unauthorised centres

The Karnataka State Commission for Protection of Child Rights (KSCPCR) has been actively raising awareness about this issue. Member Shashidhar Kosumbe stressed that inspections are being conducted to identify unauthorised centres, and notices are being issued to ensure compliance.

Need to address gaps in directive

KT Tippeswamy, a member of the KSCPCR, acknowledged the lack of awareness among officials and stakeholders. "During visits to various districts, efforts are being made to educate officials about the directive and its importance in safeguarding children's rights and welfare. While the education department has issued clear orders, the on-ground implementation of the registration policy remains sluggish, necessitating a concerted effort to address the gaps and ensure adherence to child safety standards statewide," he said.

Ultrasound probes worth ₹10 lakh stolen, 2 arrested

The Kumaraswamy Layout Police arrested two individuals for stealing ultrasound scanning probes worth Rs 10 lakh. The theft occurred on the night of August 10, after the on-duty staff completed their shifts. However, the next morning, two probes were found missing from the ultrasound machine. Despite an internal search, the hospital's management could not locate the missing equipment, and a theft case was registered at the Kumaraswamy Layout police station on September 12.

On November 12, officers apprehended a woman employed at another private hospital on Cunningham Road. During interrogation, she confessed to stealing the probes and handing them over to a former male colleague. Further investigation led to the arrest of the male suspect near a private hospital in Konanakunte Cross. The police retrieved the probes, and both suspects have been remanded to judicial custody.

Cops bust gambling den, nab 6 individuals

The Parappana Agrahara Police raided an apartment in Electronic City and arrested six individuals for operating a gambling ring. Equipment worth Rs 20 lakh, including 41 mobile phones, 5 laptops, and 3 Wi-Fi routers used to facilitate the crimes, was seized. The suspects were running gambling platforms, including cricket betting, rummy, Kabaddi, and casino games, via websites and apps. Initial investigations revealed the sophisticated setup designed to attract gamblers and manage large-scale transactions. During interrogation, the arrested individuals disclosed the names of two associates who are currently absconding. Efforts to track them are ongoing. The accused have been released on station bail.

2 burglars caught, loot worth ₹241 lakh seized

The city police apprehended two suspects near Harohalli Bus Stand on Kanakapura Road in a home burglary. Further investigations revealed the duo's involvement in a series of burglaries and vehicle thefts. The officials recovered valuables worth Rs 241.36 lakh, including 308 grams of gold, three kg of silver, two cars, and six two-wheelers.

After the arrest, interrogations revealed the duo's involvement in multiple thefts across Bengaluru. The duo also disclosed details of a third accomplice who remains at large. Subsequent recoveries included gold, silver, vehicles, and stolen items from various locations, including Hoskote, Soladevanahalli, and Chittoor district in Andhra Pradesh. By November 18, 2024, police had linked the suspects to seven house burglaries and six two-wheeler theft cases. The accused are remanded to judicial custody.

4 arrested in e-Pehchan card fraud

The Central Crime Branch (CCB) officers arrested four individuals in an e-Pehchan card scam in the city. It was reported that 869 ineligible people gained access to medical treatments in ESI and private hospitals. With forged seals, doctored documents, and registering non-existent companies on the Employees' State Insurance (ESI) websites, the accused turned loopholes into lucrative opportunities.

The accused duped unsuspecting individuals, charging Rs 20,000 upfront and collecting Rs 500 monthly while depositing only Rs 280 into the ESI account. The remaining Rs 220 was pocketed by the fraudsters. Using fabricated seals from hospitals and doctors, they facilitated treatments for ineligible individuals, exploiting the system. The operation began on November 8. Within a week, the officials arrested the four suspects and seized a total of four laptops, 90 seals, 10 mobile phones, two bank passbooks, one notebook, and various documents related to the scam. As of Saturday, all four accused were placed under judicial custody.

–BMB

Blaze at EV showroom kills 20-year-old worker

Explosion of battery while being charged said to be cause; questions arise around store's safety standards

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Despite multiple complaints regarding the risks posed by improper handling of electric scooter batteries, a devastating fire incident at an EV showroom on Tuesday has once again raised concerns over the safety lapses. The fire that broke out at a showroom at Dr Rajkumar Road in Rajajinagar, led to the death of a 20-year-old woman, Priya, a cashier at the store.

The sudden blaze engulfed the store at 5:30 pm. Police investigations revealed that a short circuit from the meter board sparked the fire, which quickly spread when the hot sparks ignited the scooter batteries. DCP North, Saidulu Adavath, confirmed that Priya was the lone victim, who succumbed to her injuries on the spot. Five staff members, who were inside the store during the fire. One worker, Dileep, and another person were also injured. Both received treatment at the hospital. Three others have reported respiratory issues and minor injuries.

According to police officials, the fire spread rapidly, possibly due to the explosion of one of the scooter batteries that were being charged at the time. As the flames surged, Priya reportedly rushed into a small cabin, assuming that the fire would not reach her there. The rapidly accumulating smoke overwhelmed her, leading to suffocation and causing her death, just a day before her birthday.

Video grab of the fire at the EV showroom on Tuesday

Past incidents

- Viral video surfaced on October 25 showing an e-scooter engulfed in fire outside its showroom in BTM Layout.
- An electric car burst into flames near Dalmia Circle in JP Nagar area on September 30.
- The National Consumer Helpline has reportedly received over 10,000 complaints related to e-scooters in the past year alone.

Priya's father shared, "We live in Okalipuram, and my daughter worked as an accountant at the showroom. She had been with the store for the past three years. A close friend of mine called me and told me to come to the showroom. That's when I knew something had happened. I was overwhelmed with worry, unable to hold back my tears, not knowing what had happened to my daughter."

An investigation is currently underway under the supervision of the Rajajinagar Police Station Inspector. A case has been registered following a complaint filed by the victim's parents.

Lapses at the store

It was noted that the showroom lacked fire extinguishers, and the staff had not received fire safety training, which should have been mandatory for all EV showrooms. The establishment has been operating for five years.

Firefighters from fire tenders rushed to the scene to battle the blaze, which had already consumed 45 scooters in the showroom. The fire was brought under control within a couple of hours, and the body of the victim was recovered from the debris and later transported to the hospital for a post-mortem.

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ನಿಮ್ಮ ಮುಂಜಾನೆಯ
ಮುಗುಳ್ನಗೆಗೆ ನಮ್ಮ ವಿಶೇಷ ಕಾಳಜಿ ಮತ್ತು
ನಿರಂತರ ಪ್ರಯತ್ನ

ಮೂಲವ್ಯಾಧಿ (Piles), ಭಗಂದರ (Fistula), ನಾಸೂರ (Fissure), ಟೊಂಕದ ಕೆಳಗಿನ ಹುಣ್ಣು (ಗಾಯ) (Piloniadal Sinus),
ಗುದದ್ವಾರವು ಹೊರಗೆ ಬರುವುದು (Rectal Prolapse) ಇತರ ಗುದದ್ವಾರದ ರೋಗ (Other Rectal Diseases)

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ಸೋಲಾಪುರ, ಮಹಾರಾಷ್ಟ್ರ (ಭಾರತ) - 413001
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(MBBS., MS)
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Community stands up for road developments

Panathur-Balagere-Varthur residents launch signature campaign urging BBMP for urgent drainage and road repairs amid worsening waterlogging & potholes

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Waterlogging, potholes, uneven surfaces turn commuting into a nightmare for residents

Residents of Panathur-Balagere-Varthur launched a signature campaign with 150 Plus signatures to urge the Bruhat Bengaluru Mahanagara Palike (BBMP) to address the critical need for proper drainage systems and road repairs in their area. The lack of basic infrastructure has led to frequent waterlogging, especially during the rainy season, causing significant hardships for residents and commuters.

The waterlogging is a result of inadequate or non-existent drainage systems. Stagnant water damages roads and poses serious health risks, with a higher chance of waterborne diseases like dengue and chikungunya. The deteriorated roads, riddled with potholes and uneven surfaces, have made daily commuting a nightmare, increasing the risk of accidents and vehicle damage.

Residents claim that their repeated complaints to the Assistant Engineer (AE) and other BBMP officials have gone unanswered, with officials citing a lack of funds as the primary reason for the inaction. "We have been facing this issue for years. Every monsoon, it gets worse. But when we ask the BBMP to fix it, they simply tell us there's no money," said a frustrated resident of Balagere.

The condition of the roads and drainage facilities has severely affected the quality of life for those living the residents. Schools, offices, and local businesses have all been impacted, as residents struggle to navigate through waterlogged streets during heavy rains. The residents' signature campaign highlights the following demands for immediate allocation of funds to install or repair drainage systems in Panathur-Balagere-Varthur. Timely repair and regular maintenance of the roads to prevent further damage.

"The government talks about making Bengaluru a smart city, but look at our roads and drains. How can we achieve progress when such basic issues are ignored?" asked another resident from Varthur.

This appeal comes as a reminder of the challenges faced by many communities in Bengaluru, where rapid urbanisation has outpaced infrastructure development. The residents are now waiting for BBMP to respond and take swift action to resolve these long-standing issues.

> **"Govt talks about making B'luru a smart city, but look at our roads and drains. How is it possible when such basic issues are ignored?"** – Resident

After the signature campaign, they met BBMP Commissioner Tushar Girinath. "He has directed officials to expedite ongoing rajakaluve drainage and S cross-widening work. An incomplete CDP (Comprehensive Development Plan) road should see light to ease our lives. Promises were given multiple times, and we held protests many times but progress is being made at a snail's pace. The BBMP commissioner stated that funds would be released in January and work would begin," said a member from Namma Balagere.

The member further added, "Infra around Balagere has worsened with multiple potholes in this stretch post rain in last 15 days, it takes 1-2 hours to reach ORR with no update on S cross widening and CDP road, we have left with no hopes"

The residents hope that their campaign will push the BBMP to take urgent action. They believe proper drainage systems and well-maintained roads are essential for ensuring a better quality of life.

State's first Global Capability Centres policy unveiled at Bengaluru Tech Summit

Chief Minister Siddaramaiah on Tuesday launched Karnataka's first Global Capability Centres (GCC) policy at the 27th Bengaluru Tech Summit (BTS) 2024, setting the stage for transformative innovation, sustainable growth, and global collaboration. Organised by the Department of Electronics, IT, and Biotechnology (IT, BT) in partnership with Software Technology Parks of India (STPI), the event showcased Karnataka's leadership in the technology industry.

3 global innovation districts in Bengaluru, Mysuru and Belagavi

This year the tech summit's theme, 'Unbound', highlights technology's ability to break barriers, foster international partnerships, and advance innovation across sectors. Addressing the summit, CM Siddaramaiah reiterated Karnataka's commitment to inclusive and sustainable growth. "We have launched India's first dedicated GCC policy to empower and support these centres. To bolster this initiative, three dedicated global innovation districts will be established in Bengaluru, Mysuru, and Belagavi," he announced.

Nipuna Karnataka initiative

The unveiling of the Nipuna Karnataka logo marked the beginning of a skills enhancement program aimed at preparing local talent for global opportunities in emerging technologies. This initiative focuses on equipping Karnataka's workforce with advanced skills tailored to high-demand sectors, enhancing employment opportunities.

Under Nipuna Karnataka, the government signed five strategic Memorandum of Understandings (MoUs) with global tech leaders, including Microsoft, Intel, Accenture, IBM, and the BFSI Consortium. These partnerships aim to train 1,00,000 individuals in cutting-edge technologies over the next year, with a target of 70 per cent placement.

Centre of excellence in AI in city

The government announced the establishment of a Centre of Excellence in Artificial Intelligence (AI) in Bengaluru, envisioned as India's leading accelerator for AI startups. Spearheaded by the IIT Alumni Centre Bengaluru (IITACB) in collaboration with the Karnataka government, this centre will foster innovation by providing startups with mentorship, industry partnerships, technical resources, and access to capital.

The Bengaluru Tech Summit, attended by delegations from 15+ countries, including the US, UK, France, Germany, and Australia, saw robust international participation. High-level strategic roundtable meetings on topics like AI and GovTech brought together policymakers, corporates, and startups to explore innovative solutions for governance and growth. — BMB

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Garbage issues

Jayanagar

Garbage tempos gather at the 4th Block in Jayanagar, causing a strong, unpleasant odour.

Blocked footpath

KR Puram

The KR Puram market is overcrowded daily, and footpaths are blocked, leaving no space for pedestrians.

Open sewage

Thanisandra

In the Casagrand area of Thanisandra, open sewage near residential properties creates a foul smell, attracts mosquitoes, and poses health risks.

Police to appeal Darshan's bail

Bengaluru Police Commissioner B Dayananda on Tuesday said that an appeal will be filed in the Supreme Court soon challenging the interim bail granted to Kannada actor Darshan Thoogudeepa, who is an accused in the Renukaswamy murder case.

The 47-year-old was released from Ballari jail on October 30 after being imprisoned for over four months, following the Karnataka High Court's decision to grant him six weeks of relief on medical grounds for spine surgery.

"The process is on and at the earliest, we will file an appeal in the Supreme Court," Dayananda said.

Darshan was arrested on June 11. His friend Pavithra Gowda and 15 others are co-accused in the case.

IN CITY

Actor Darshan accused in Renukaswamy murder case

Pavithra is lodged in Bengaluru prison, and others in various jails of the state.

TV actor fires shot at director

Kannada television actor Tandaveshwar has been arrested for allegedly shooting film director Bharat Navunda over a financial dispute related to their stalled movie project, Devanampriya. The incident occurred on Monday at a producer's office in the Basaveshwara locality.

Tandaveshwar had invested ₹6 lakh in the film two years ago when no external producer could be found to fund the project. However, the film's progress was reportedly slow, leading to tensions between the actor and the director. During a meeting with Bharat Navunda and others to discuss financial matters, Tandaveshwar demanded a refund of his investment. The argument escalated, and the actor allegedly fired a shot from his licensed DBBL gun, which narrowly missed the director and hit the RCC wall of the office.

Bengaluru City Police Commissioner B Dayananda confirmed that the shot was intentional and not a misfire. Following a complaint filed by Bharat Navunda at the Chandra Layout Police Station, Tandaveshwar was arrested under Section 109 of the Bharatiya Nyaya Sanhita (BNS) for attempted murder, as well as Sections 3, 27, and 30 of the Indian Arms Act, 1995. The weapon used in the incident was seized by the police. Commissioner Dayananda noted that the accused has been taken into custody, and the investigation is ongoing.

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This is a busy week so music-lovers can win big. Watch this space daily so you won't miss out!

Risky driving fuels 90% of Karnataka road accidents

Speeding causes 93% of state fatalities; officials urge mindset shifts and tech-driven safety measures

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Two-wheeler riders often wear unstrapped helmets, making them vulnerable

Speeding accounted for 90% of road accidents in Karnataka last year, according to the 2023 Karnataka State Police annual report. Of all road fatalities, 93% (11,523 deaths) and 91% (48,014 injuries) were linked to excessive speed. Despite campaigns and enforcement efforts, the data highlights a critical challenge: changing public attitudes to prioritise safety over speeding.

This issue was highlighted by the Secretary of the Transport Department, Dr NV Prasad during the launch of the second mass media speeding campaign titled, 'Motorcycle Reconstruction' at the Karnataka State Road Transport Corporation (KSRTC) Central Office in Shantinagar on Tuesday.

"In Bengaluru, we currently have a fleet of 6,500 BMTC buses, and over the next five years, we plan to increase this to 10,000. This expansion aims to encourage greater use of public transport, helping to save time, reduce pollution, and ease traffic congestion. While enforcement measures are in place, the responsibility ultimately lies with individuals to drive or ride within recommended speed limits, as statistics show this significantly reduces the risk of accidents," said the Secretary of the Transport Department.

Change in mindset necessary

According to World Health Organisation (WHO) research, a person has a 60% risk of death when struck by a vehicle travelling at 80 km/h, whereas the risk drops significantly to 20% if the vehicle's speed is reduced to 50 km/h.

KV Sharath Chandra, ADGP (Additional Director General of Police) noted that many citizens hold the misconception that accidents happen only to others and assume they are personally immune. "Based on the data available with the police, two-wheeler riders often speed and wear helmets but don't strap them, which makes them the most vulnerable," he said.

Increasing fatalities

Statistics from the Transport Department reveal a sharp rise in accident-related fatalities. In 2023, there were 910 deaths, and as of October this year, 723 fatalities have already been reported, indicating a troubling trend. In the past five years, a total of 12,321 accident-related deaths have been recorded in the state of Karnataka, as of 2023.

Dr G Gururaj, Former Director and Professor at the National Institute of Mental Health and Neuro-Sciences (NIMHANS) highlighted the challenges posed by the rapid expansion of infrastructure and the increasing number of vehicles on the roads, which have made it increasingly difficult for the police to manage traffic. He emphasised the need to maximise the use of technology in addressing these issues.

"Large-scale enforcement is necessary, and AI-powered cameras are proving to be both useful and efficient. Road accidents don't occur due to a single cause. Drivers are speeding at 100 km/h without wearing helmets, people drinking and driving, using mobile phones, as well as vehicle and road-related issues. All of these factors contribute to accidents, and we must tackle each of these concerns," he said.

Collaboration with NIMHANS

"NIMHANS is collaborating with the state and city police, the transport department, NGOs, and health authorities to develop a range of measures. The primary focus has been on research and evidence-based studies, using data to inform public awareness and guide interventions by all relevant agencies," said Dr G Gururaj.

Campaign across the state

The Karnataka State Road Safety Authority (KSRSA) is running this campaign across the state in both Kannada and English for one month. It will appear on major TV and radio channels, in cinemas, on hoardings, and in newspapers. The campaign was created with technical support from Vital Strategies, a global public health organisation, as part of the Bloomberg Philanthropies Initiative for Global Road Safety (BIGRS).

HC clears woman in trafficking case

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TWEETS @BangaloreMirror

The Karnataka High Court dismissed a criminal case involving a woman charged with human trafficking, who had allegedly sold her minor daughter for Rs 15,000 to a Maharashtra couple due to financial hardship.

The court determined that the woman's intention was genuine in seeking adoption for her child, despite not following proper procedures, and concluded that the elements of trafficking were not established. According to the allegations, due to extreme poverty, the petitioner sold the child to accused No 3 through accused No 2 for Rs 15,000, who took the child to Maharashtra. Upon receiving information, police rescued the child from Mumbai and filed charges.

The court stated, "Of course, there is a violation of JJ Rules i.e., the petitioner has handed over the child to accused No 3 without following the adoption procedure. However, this Court while quashing the case filed against accused Nos 2 and 3 has categorically held that there is no offence under Section 370 of IPC. There is no criminality to conduct the trial against this petitioner."

Elderly man denies growing cannabis

Karnataka High Court on Tuesday heard a case involving a 67-year-old man who claimed ignorance about cannabis plants growing in his backyard. The police had registered a case against him for cultivating a commercial quantity of ganja.

Chandrashekar, charged with growing more than 27 kilograms of ganja, petitioned for the case's dismissal. His legal representative suggested that the cannabis might have naturally sprouted through wind-borne pollination in the unused backyard area.

Justice M Nagaprasanna expressed scepticism and questioned, "27 kg 360 grams from plants found in the backyard? Was he growing trees or plants for this quantity? Your ground is that pollen might have fallen. But you live in Jayanagar, it is a concrete jungle. How is any cross-pollination possible in Jayanagar?"

The Court stated, "Let me see this first. If there is nothing, we will quash the matter there itself but first, you should say how it started growing there," and scheduled the next hearing for December 4.

Citizens oppose construction in Jayanthinagar lake buffer zone

Land not suitable for proposed multi-storied building, residents of area write to BBMP

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

The residents of Horamavu, Hoysalanagar, Jayanthinagar, and surrounding areas are appealing to the Bruhat Bengaluru Mahanagara Palike (BBMP) authorities not to allow construction of buildings at the buffer zone near Jayanthinagar Lake as the land is not suitable for the construction of buildings.

The residents said the construction work began two years ago and came to a halt within a few days. "We are told that Rajiv Gandhi Housing Corporation has taken up construction of residential quarters for economically weaker families. We are worried about the safety of buildings if completed, and the people who might reside in those residential quarters. It will be useful if the authorities concerned find a suitable location for the construction of flats," said Lakshman Nayak, a resident of Hoysala Layout.

According to VP Krishna, founder of KR Puram Constituency Welfare Association, the land on which the construction of a multi-storied apartment complex is proposed is not suitable for the construction of structures as it is a buffer zone of the lake. "We do not want the Babusapalya incident to recur at Jayanthinagar. We have already written a letter to the BBMP Chief Commissioner on this issue," said VP Krishna.

He said the dry waste collection centre, which was constructed and operated under the CSR initiative and remained locked for the last three to four years, should be utilised for public purposes. "We want the BBMP authorities to convert the defunct dry waste collection centre into a yoga centre. We can maintain the yoga centre for the benefit of residents," he said.

A defunct dry waste collection centre at the Jayanthinagar Lake premises has become an eyesore

> **We do not want Babusapalya incident to recur. We have already written a letter to the BBMP Chief Commissioner**
> –VP Krishna, KR Puram Constituency Welfare Association

Expressing a similar opinion, Nageshwara Rao R, a resident of Horamavu, demanded the BBMP authorities stop the construction of buildings on the buffer zone of the lake. "I have seen workers using water pumps to drain water from the construction site while laying the foundation. I want the BBMP authorities to stop the construction work as it is not advisable to construct a building at the buffer zone of the water body," said Nageshwara Rao.

Stating that the defunct dry waste collection centre has become an eyesore, Prakash BS, a retired civil engineer, said the structure has become a home for snakes. "It will be useful for the residents if the authorities hand over the defunct dry waste collection centre. I oppose the construction of buildings at the buffer zone of the lake. I want the BBMP Lakes Department to plant more saplings at the buffer zone and convert it into a park for the benefit of senior citizens and children," said Prakash.

The residents said that neither the contractor nor the authorities concerned put up a board with details such as the name of the department, contractor, number of flats, and the cost of the housing project. The residents want the BBMP authorities to develop a park on the vacant land near Jayanthinagar Government School. The residents wrote a letter to the authorities concerned on August 8, but the authorities are yet to respond to the letter, even three months after receiving the letter, which continues to worry the residents.

Kadlekai Parishe goes green this year

Malleswaram's much-loved Kadlekai Parishe, held from November 15 to 18, saw a major change this year with eco-friendly practices taking centre stage. The annual three-day groundnut fair, which draws thousands of visitors, generated just 225 kilograms of dry waste—an impressive milestone for a large public gathering.

In previous years, the streets were often littered with plastic and other waste, but this year, they remained noticeably cleaner despite the heavy footfall. Over 200 plus vendors participated, with all of them using paper bags, cloth bags, or recycled newspaper sheets instead of plastic. BBMP marshals actively monitored the event, ensuring vendors and visitors followed the no-plastic rule. Volunteers distributed more than 87,000 eco-friendly bags this year, a sharp increase from the 20,000 provided last year.

Raj from Ploggers Army, a group that regularly organises cleanup drives, expressed his happiness about the reduced litter. "As ploggers, we generally observe the waste pattern across the areas we visit. This time when we plogged, we had less work and more fun as we hardly found litter. Every stall had paper or cloth bags. The entire volunteering team of Plastic-Free Kadu Malleshwaram worked proactively with BBMP, ensuring a wonderful makeover this time. A large-scale public gathering generating less than 250 kg of waste is truly commendable."

The 3-day groundnut fair generated a total of 225 kilograms of dry waste

The initiative was led by Vijaya Shenoy, a member of Malleshwaram Social, who worked with a team of dedicated volunteers to make the event a success. "We managed to segregate waste to a large extent and collected dry waste more effectively compared to last year. Our team monitored vendors and advised citizens in a friendly way to avoid single-use plastic. Vendors were also encouraged by the generous distribution of eco-friendly covers and cheelas (cloth bags)," Shenoy said.

The campaign "Parishege Banni, Kai Cheela Thanni" (Come to the Parishe, Bring a Cloth Bag) played a key role in spreading awareness. Volunteers worked tirelessly, engaging with both vendors and visitors to ensure compliance with sustainable practices.

BBMP marshals also played a crucial role in enforcing rules and promoting waste reduction, along with citizen participation led to a cleaner and greener Kadlekai Parishe.

"The success of this year's Parishe sets an example for other events in Bengaluru. It shows how a strong focus on sustainability and teamwork can make a significant impact on reducing waste and protecting the environment," added Raj.

Wanted Maoist leader shot dead

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In a breakthrough, the Anti-Naxal Force (ANF) eliminated a "dreaded" Maoist leader, Vikram Gowda, in an encounter near Eedu village in Karkala taluk, Udupi district, on Tuesday. This operation comes amidst a period when Naxal activities in Karnataka were believed to have diminished significantly. Home Minister G Parameshwara revealed that the ANF had been tracking Gowda for nearly two decades. During an intensive combing operation on Monday evening, a group of Naxalites, including Gowda, was spotted. Officials reported that Gowda and his associates opened fire on the ANF team upon being sighted, prompting the personnel to retaliate. Gowda was killed in the exchange, while others managed to escape.

Vikram Gowda had been a key figure in Naxal operations across South India, heading the movement in Karnataka under the leadership of Kuppuswamy, the chief of Maoist operations in the region. Gowda, originally from Kudlu Nadvalu village in Hebri taluk, Udupi district, had evaded capture on multiple occasions, including during encounters in Karnataka and Kerala. In 2016, he narrowly escaped Kerala Police during a combing operation in the Western Ghats.

Wanted in over 50 cases across Karnataka, Kerala, and Tamil Nadu, Gowda had consistently opposed government efforts to bring Maoists into the mainstream. He was instrumental in campaigns against initiatives such as the declaration of Kudremukh National Park and actively targeted reformists like the late journalist and activist Gauri Lankesh. Gowda even disseminated posters in Chikkamagaluru district condemning her efforts to encourage Maoist surrenders.

The encounter has reignited discussions about Naxal activities in the state. Speaking to the press, Parameshwara said, "Efforts to bring Maoists into the mainstream continue. Many have surrendered in the past and were rehabilitated. However, when individuals resort to violence and target the police, such encounters become inevitable."

Mangalore Independent PU college triumphs at Sports Mania 2024

Mangalore Independent PU College, part of the Taproot Group of Colleges, claimed the winner's trophy for the second consecutive year at Sports Mania 2024, the annual intra-collegiate sports meet of Taproot Group of Colleges. The event, held at the Bangalore University Grounds on the 18th of November witnessed enthusiastic participation from 4,000 students representing 11 colleges under the Taproot banner. Taproot PU College Yelahanka delivered a strong performance, finishing as the runners-up in the thrilling competition.

The event was inaugurated by Pramoda Hegde, former Mission Director of GSAT, URSC, Bengaluru. She motivated the students with her words, "Stay focused on your goals and never give up."

More Than Just Piles: A Window to Gastrointestinal System

The anal canal, often referred to as a window to the gastrointestinal system, can reveal various health conditions, much like how a window offers a view of the world. Altered lifestyles and diets are leading to an increase in issues like piles, fissures, fistulas, perineal abscesses, inflammatory bowel disease, and even colon cancer. Dr. C.M. Parameshwara, CEO of Smile Hospital and a renowned colorectal surgeon, emphasises the importance of early treatment for these conditions, as neglecting them could ultimately lead missing diagnosis of Cancer , IBD, Ulcerative Colitis & Chron's Disease

The prevalence of colorectal issues among children and young adults in India has become a concern for healthcare professionals. Once considered rare, conditions like Crohn's disease and ulcerative colitis are now alarmingly common, according to Dr. C.M. Parameshwara, CEO of Smile Hospital and a leading colorectal surgeon. He highlighted how these diseases, previously restricted to Western countries, have made a notable entry into Indian healthcare due to changes in lifestyle and dietary habits.

Shift in Dietary Patterns

"In the 1990s, cases of Crohn's disease were so rare that I hadn't encountered even one while studying medicine at Bangalore Medical College," Dr. Parameshwara said. "Today, we witness at least three cases a day." He attributed this spike to a significant shift in Indian dietary habits from traditional foods to a more Westernised diet. Regions like Kolar, where non-vegetarian food was once consumed sparingly, now report frequent meat consumption, often delivered as parcels to households. Fried and junk foods, which are inflammatory in nature, have replaced fresh and fibre-rich diets in both urban and rural areas. This shift has led to increased inflammation in the stomach, small intestine, and large intestine, culminating in diseases like Crohn's, which can affect the gastrointestinal tract from the mouth to the anus, and ulcerative colitis, primarily targeting the large intestine.

Inflammatory Diseases in Kids

The trend is particularly alarming among children. According to Dr. Parameshwara, 69% of inflammatory diseases are now observed in the 15-16 age group, linked to poor eating habits such as frequent consumption of junk food and deep-fried items. These dietary patterns are contributing to severe health conditions like rectal cancer, which surpasses common ailments like piles and fistulas.

Dr. Parameshwara highlights that stress, lack of physical activity, poor sleep, and unhealthy diets are contributing to these issues. Junk food, dehydration, and fear of using the toilet at school worsen the problem.

To address these problems, Dr. Parameshwara emphasises the importance of toilet training for children. Teaching them to establish a regular toileting habit and not to rush through bowel movements is crucial. Children should also feel comfortable using the toilet at school without fear of judgement.

Wrong treatment by fake doctors (Quacks)

Despite the government's strict actions against fake doctors, the problem persists, with many still misleading the public by offering treatment for haemorrhoids. These fraudulent practitioners use unscientific methods such as threading and acid pouring, which only worsen the condition. Unfortunately, individuals who were initially too embarrassed to seek proper treatment are turning to these bogus doctors. As a result, many patients are developing colon cancer due to incorrect treatments, and numerous lives are being lost, warns Dr. Parameshwara.

Gender-Specific Trends

Women face a higher incidence of colorectal diseases due to pregnancy-related factors. Hormonal changes during pregnancy, particularly the rise in progesterone, relax the veins, leading to swelling and eventual piles formation. Straining during normal delivery can also cause significant pressure on the anal and rectal regions. Hemorrhoids in women often develop due to childbirth, especially during natural delivery, when the baby is forced out or if the baby is not very large. The pelvic area, which houses the rectum, uterus, and bladder, is affected during childbirth, causing the rectum and bladder to shift. This can lead to conditions like cystocele, where the bladder slips, resulting in urinary incontinence. Many women strain during bowel movements or use their fingers to assist in stool passage, leading to hemorrhoids. Unfortunately, some confuse this with constipation, delaying proper treatment. Untreated, this can develop into more severe conditions, including colon cancer. Frequent sneezing, coughing, and urination may also indicate hemorrhoids.

Men, on the other hand, are more affected by stress-related issues, with prolonged sitting and dietary neglect worsening their conditions. Older adults are particularly susceptible due to age-related weakening of rectal tissues, chronic constipation, and reduced physical activity. Piles, also known as hemorrhoids, are a common issue among older adults due to various age-related factors. The weakening of rectal tissues is a primary reason, as the connective tissues in the rectum and anus lose elasticity with age, making it easier for veins to swell or bulge. Chronic constipation, prevalent in older adults, further contributes to the problem. This can result from reduced fiber intake, lower physical activity, or side effects of medications like painkillers or antidepressants. Straining during bowel movements significantly increases pressure on rectal veins.

Triggers

Lifestyle and environmental factors further exacerbate the problem. Pollution, particularly heavy metal contamination of vegetables in Bengaluru, has been cited as a major contributor. Stress compounds these issues by disrupting healthy routines. Dr. Parameshwara cautioned that if global warming continues to rise by 2070 and GDP increases by 25%, health issues will also see a significant rise. Long working hours, sedentary lifestyles, and reduced physical activity have created a fertile ground for digestive and colorectal disorders.

Awareness and Intervention

"Awareness is key," Dr. Parameshwara urged. "Many patients delay seeking medical advice, assuming their condition is minor or self-diagnosable. This can have dire consequences, including late-stage cancer diagnosis."

For instance, a 32-year-old woman underwent surgery for what was assumed to be piles, only to later discover she had advanced colorectal cancer. This highlights the importance of proper diagnosis and specialised treatment.

Don't Neglect Your Health

Piles, fissures, and fistulas are common conditions that many people overlook due to discomfort from heat or cold. However, the anus should be seen as a window to your health, and any issues like piles, fissures, or fistulas should not be ignored. These could be symptoms of more serious conditions, such as colon cancer. To prevent haemorrhoids, maintain a diet rich in fruits, vegetables, greens, get adequate sleep, and exercise regularly. Contrary to some beliefs, consuming pork will not cure haemorrhoids. Instead, limit meat, spicy, and salty foods, and avoid junk food. Opt for fresh, home-cooked meals, says Dr Parameshwara.

Lifestyle Modifications and Statewide Awareness

To curb this growing crisis, Dr. Parameshwara recommends:

- **Dietary Changes:** Emphasizing fresh, fiber-rich foods and reducing consumption of processed and junk foods.
- **Hydration:** Drinking at least three liters of water daily.
- **Exercise:** Engaging in 30 minutes of physical activity daily.
- **Adequate Sleep:** Ensuring proper rest to support overall health.
- **Some factors:** A high-fat diet, sedentary lifestyle, obesity, smoking, and alcohol consumption are all contributing factors to health issues. The key solution is to stay hydrated by drinking plenty of water. Homemade curds, considered one of the best prebiotics, play a vital role in gut health. As the saying goes, "we are what we eat and what we think," emphasising the connection between gut health and both physical and mental well-being. There is confusion about what to eat, but it's always best to follow traditional food practices that align with our genetic makeup, as seen in the differences between South Indian and North Indian cuisines. Preventive measures include staying hydrated with water and healthy fluids, being physically active, incorporating fibre-rich foods into daily meals, eating fruits and vegetables, drinking healthy fruit juices, and avoiding aerated drinks and junk food. It's also important to eat in moderate quantities.

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Bus shelters also taken over

CONTINUED FROM PAGE 1

The encroachers often get drunk and engage in fights," claimed Madhu Sudhan, member of Community Task force, a resident welfare association.

Despite the community paying significant taxes around ₹15,000 per household monthly, no lasting solution has been found, they said.

Risk from the KPTCL power grid

The situation is dangerous even for the squatters as the KPTCL power grid located behind the encroached stretch operates at high voltage (220kV and 66kV). In a letter addressed to the Assistant Executive Engineer (AEE) of the Bruhat Bengaluru Mahanagara Palike (BBMP), HSR layout sub-division, KPTCL, warned of the severe risks posed to the encroachers and the surrounding area. "During a fault condition, leakage currents may affect individuals or objects near the station," the letter stated.

Blame game

The community, led by members of the Civic Task Force, has been vocal about this issue for over two years. Letters have been submitted to the BBMP, traffic police, law enforcement, and zonal commissioner, urging action. In response, BBMP officials, including the Zonal Commissioner from Bommanahalli, have conducted clearance drives. However, these efforts have proved to be pointless, as the settlers return to the footpath within days.

"We have written letters to both traffic and law enforcement authorities regarding the issue and have initiated the process of evicting the encroachments. We will review the situation again tomorrow and take further action," the AEE in charge of HSR Layout told BM.

The issue was also reported through the BBMP app, and a ticket was raised regarding the footpath encroachment. However, without any resolution on the ground, the ticket was marked as 'resolved' as closed.

Absence of Town Vending committee

Advocate Vinay Sreenivasa pointed out that the Bommanahalli zone currently lacks a Town Vending Committee, which is essential for managing and regulating street vending activities in urban areas. "The absence of a Town Vending Committee has allowed this issue to persist. If such a committee were in place, the matter could have been addressed and necessary actions taken," he stated, emphasising that the BBMP should prioritise the formation of such a committee.

'BBMP can arrange for water from borewell nearby'

CONTINUED FROM PAGE 1

a woman pourakarmika on the condition of anonymity.

When the Suvidha Cabin was installed, there was no shortage of water. The authorities had made arrangements to supply waste water from a nearby RO plant all these years. Now that the RO plant has become defunct, water supply to the toilets at Suvidha Cabin too stopped.

"The authorities must arrange to supply water from the nearby borewell," said another pourakarmika.

There are around 10 men working as pourakarmikas. They have been using vacant spaces to attend nature's call. "We are also using the nearby pay and use toilets," said a pourakarmika.

Arun Prasad, a social activist, slammed the BBMP for failing to fix the water problem. "I visited BBMP's Begur ward office recently. I also visited the Suvidha Cabin. Pourakarmikas told me there is no water supply. I came to know there is no water problem at the ward office. I do not know why the BBMP authorities have not taken measures to supply water to Suvidha Cabin from the ward office?" Arun Prasad said.

When contacted, BBMP Health Inspector (Begur ward) assured BM that he would inform higher authorities about water shortage at the Suvidha Cabin.

Microchipping strays: HC seeks BBMP's response

The High Court on Tuesday served a notice to the Union of India and other respondents regarding a public interest litigation challenging the Request for Proposal (RFP) issued by Bruhat Bengaluru Mahanagara Palike (BBMP) for acquiring and implanting microchip readers in stray dogs across Bengaluru.

Chief Justice NV Anjaria and Justice KV Aravind, forming a division bench, issued the notice on a petition by Save our Animals Charitable Trust (SOACT), with responses due by December 16. The bench stated "Respondents shall file their replies to the petition by the next date of hearing."

The petitioner's advocate contended that BBMP lacked authorisation to issue the RFP. The counsel emphasised that microchipping falls outside BBMP's authorised activities. The tender for microchip procurement and implantation in stray dogs contradicts the Animal Birth Control (ABC) Rules of 2023, which only permits such procedures for pet dogs, rendering the mandate unlawful.

When the bench enquired about the purpose of dog microchipping, the counsel responded "It is to control stray dogs in Bengaluru." The bench subsequently remarked "To control stray dogs there should not be any objection."

The petitioner maintained that BBMP's bid issuance was unauthorised and illegal. They highlighted the lack of approval from the Animal Welfare Board of India and absence of consultation with the Central Committee. Additionally, they noted that microchip implantation constitutes an invasive procedure not sanctioned by regulations. —BMB

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I, Nathasha Singh R D/o Rajendra Singh R/a No 58/3, 1sr cross, 3rd phase, Nanjappa Layout, Near Donne biriyani, Vidyaranyapura, Bengaluru-560097 Karnataka. I have changed my name to Nathasha Singh . Vide Affidavit dated on 18/Nov/2024 Sworn Before Notary V Anjanappa Bangalore.

I Basawaraj S Angadimath S/O Shidramayya Angadimath R/O of JP Nagar, Bangalore have changed my name from Basawaraj to Basawaraj S Angadimath for all future purposes

I, Bhaskar Nataraj s/o Nataraj have changed my name from Bhaskara Nataraj s/o Narayanappa born on 20.06.1980 residing at no 2/1 site no 63 4th main road Dattatreyanagar BSK 3rd stage, Hosakerehalli, Blr 560085 vide affidavit dated 15.11.24 at Blr.

I, Harsha R S/o Ramachandra R/o #13 78/8 Jayalakshmi Nilaya, Thindlu Bangalore - 560097 have changed my name to R Harsha for all purposes.

I, Sharadha S Bhaskar w/o Bhaskar Nataraj have changed my name from Shanthi s born on 28.05.1987 residing at no 2/1 site no 63 4th main road Dattatreyanagar, BSK 3rd stage, Hosakerehalli, Blr 560085 vide affidavit dated 15.11.24 at Blr.

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HEALTH TIP: A craving for ice might signal an iron deficiency, while a desire for red meat might indicate a need for more protein or vitamin B12

Judicious use of olive oil will help you reach and stay at your healthy weight

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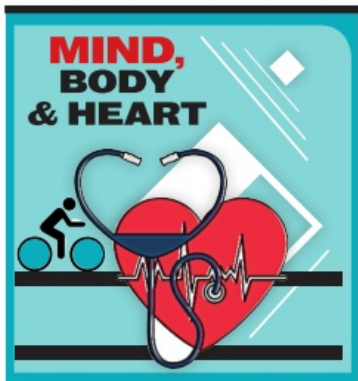


All you need to know about...

Adopting senior pets

Specific responsibilities
"While adopting a furry friend of a certain age, there are some specific considerations and some responsibilities which one should be aware," suggests Sushen Roy, Business Head, Zigly who shares key pointers to consider before you head down to your nearby local shelter for a smooth transition for both you and your senior companion.

Lifestyle Compatibility
It is important to change a bit of your lifestyle and align with the needs of an older animal. Some senior animals typically require less exercise and prefer a calm and peaceful environment. If you lead a busy life or a hectic schedule, a senior pet might be a preferred option for you.

Veterinary Care
Senior pets often have some pre-medical condition that requires attention and additional expenses. Before adopting them, it is also necessary to familiarise yourself with health issues that commonly affect older pets. Often particular breeds have hereditary health issues. Consider the cost of regular check-ups and specialized diets.

Training With Patience
Comparatively senior pets usually come with some training but still require a certain period to adjust to their new environment. They also require some gentle training to learn household or in overcoming behavioural issues.

Emotional Fulfilment
Unlike the youngsters, they often appreciate a good cuddle and become true companions.

Golden Years Care
No one likes to think about saying goodbye but planning for your senior pet's golden years can bring peace of mind. If you're adopting a senior pet with some persistent health issue, talk with your vet for pain management or in-home care, which can help your furry friend stay comfortable for as long as possible. — **Femina**

SNOOZE TALK

Neurologist explains the science of a restful night's sleep

We've all experienced this: You're in the middle of a lovely dream. Perhaps you're flying. As you're soaring through the air, you meet an eagle. The eagle looks at you, opens its beak and – BEEP! BEEP! BEEP!

Your alarm goes off. Dream over, time to get up.

Many people – kids and adults alike – notice that when they wake up naturally from sleep, they feel more alert than if an alarm or another person, like a parent, wakes them up. Why is that?

I'm a neurologist who studies the brain, specifically what happens in the brain when you're asleep. I also take care of children and adults who don't sleep well and want to sleep better. My research involves working with parents to help them teach their children good sleep habits.

To understand how to sleep better, and why waking up naturally from sleep helps you feel more alert, you need to start by understanding sleep cycles.

The sleep cycle

The sleep cycle consists of four stages. One of these is REM, which stands for rapid eye movements. The other three are non-REM stages. When you fall asleep, you first go into a state of drowsiness called non-REM Stage 1.

This is followed by deeper stages of sleep, called non-REM stages 2 and 3. Each stage of non-REM is deeper than the one before. Then, about 90 minutes after you first fall asleep, you enter the fourth stage, which is REM sleep. This is a stage of lighter sleep where you do much of your dreaming. After a few minutes, you return to non-REM sleep again.

These cycles repeat themselves throughout the night, with most people having four to six cycles of non-REM sleep alternating with REM sleep each night. As the night goes on, the cycles contain less non-REM sleep and more REM sleep. This is why it's important to get enough sleep, so that the body can get enough of both REM sleep and non-REM sleep.

REM vs. non-REM sleep

How do researchers like me know that a person is in non-REM vs. REM sleep? In the sleep lab, we can tell from their brain waves, eye movements and the tension in their muscles, like in the chin. These are measured by putting sensors called electrodes on the scalp, around the eyes and on the chin.

These electrodes pick up brain activity, which varies from waves that are low in amplitude (the height of the wave) and relatively fast to waves that are high in amplitude (a taller wave) and relatively slow. When we are awake, the height of the waves is low and the waves are relatively fast. In contrast, during sleep, the waves get higher and slower.

Non-REM Stage 3 has the tallest and slowest waves of all the sleep stages. In REM sleep, brain waves are low in amplitude and relatively fast, and the eye movements are rapid, too. People need both non-REM and REM stages for a healthy brain, so they can learn and remember.

Waking up naturally

When you wake up in the morning on your own, it's usually as you come to the end of whatever stage of sleep you were in. Think of it like getting off the train when it comes to a stop at the station. But when an alarm or someone else wakes you up, it's like jumping off the train between stops, which can feel jolting. That's why it's good to wake up naturally whenever possible.

People can actually train their brains to wake up at a consistent time each day that is a natural stopping point. Brains have an internal 24-hour clock that dictates when you first start to feel sleepy and when you wake up. This is related to our circadian rhythms.

Training the brain to wake up at a consistent time

First, it's important to go to bed at a consistent time that allows you to get enough sleep. If you stay up too late doing homework or looking at your phone, that can interfere with getting enough sleep and make you dependent on an alarm – or your parents – to wake you up.

Other things that can help you fall asleep at a healthy time include getting physical activity during the day and avoiding coffee, soda or other drinks or foods that contain caffeine. Physical activity increases brain chemicals that make it easier to fall asleep, while caffeine does the opposite and keeps you awake.

Second, you need to be aware of light in your environment. Light too late in the evening, including from screens, can interfere with your brain's production of a chemical called melatonin that promotes sleep. But in the morning when you wake up, you need to be exposed to light.

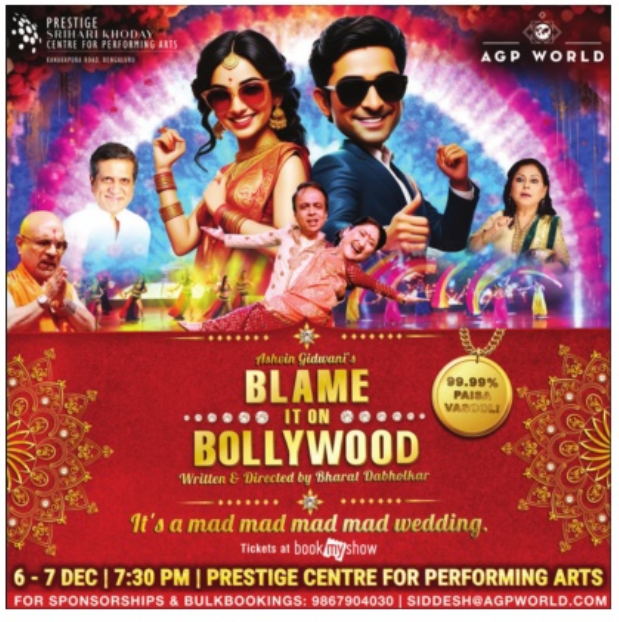
Morning light helps you synchronize, or align, your circadian rhythms with the outside world and makes it easier to fall asleep at night. The easiest way to do this is to open up your shades or curtains in your room. In the winter, some people use light boxes to simulate sunlight, which helps them align their rhythms.

Benefits of a good night's sleep

A good sleep routine entails both a consistent bedtime and wake time and regularly getting enough sleep. That usually means 9-11 hours for school-age kids who are not yet teens, and 8-10 hours for teens.

This will help you be at your best to learn at school, boost your mood, help you maintain a healthy weight and promote many other aspects of health.

Beth Ann Malow, Vanderbilt University, The Conversation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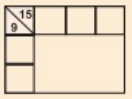
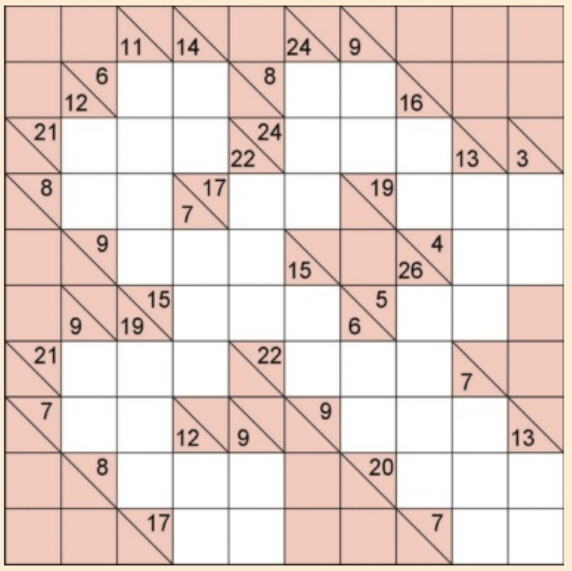
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

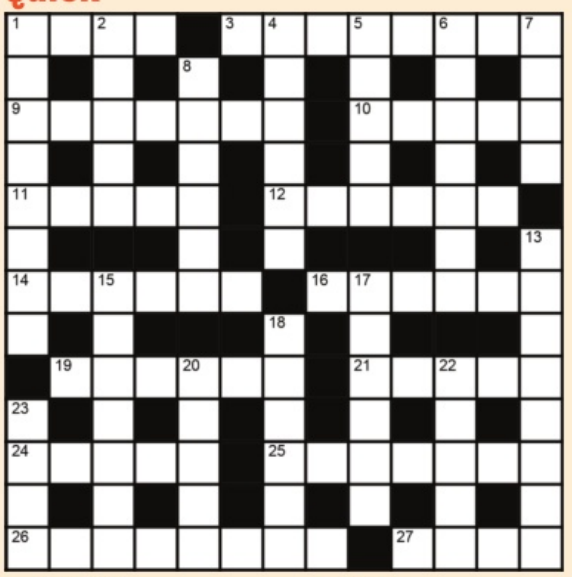


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Coy (4)
3 Chapati made out of rice (4,4)
9 Smashed or collapsed (7)
10 Issue __ __ : disposing off shares at face value? (2,3)
11 Most high-born (5)
12 Common arachnid (6)
14 Trifoliate plant (6)
16 ___ muster : is found to be acceptable? (6)
19 Decorative plaster work (6)
21 Choice of roads (5)
24 Large water body (5)
25 Read up on (7)
26 Remover of evil spirits (8)
27 Kept as a prisoner (4)

DOWN

1 Precision (8)
2 Insane (5)
4 Most peculiar or strange (6)
5 India's cricket trophy (5)
6 Weigh down (7)
7 Concerning, in legal terms (2,2)
8 Defer consideration of (6)
13 Went up (8)
15 Working hard; active? (2,3,2)
17 Capacious forecourt (6)
18 Drinks to the health of (6)
20 Doubter (5)
22 Join together (5)
23 Put on (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: D EQUALS G

EJOKK ZBS WQBZ STR JOCGY-ZOXX, STR XSGOZDST XTCKK FO CVVBGEYZD SB STO NOCX-WGO BP STR EOXYGO.

Linemaro

Can you call a lifeguard?
I am drowning in your eyes

Mindchow

Choose to be the light in somebody else's darkness

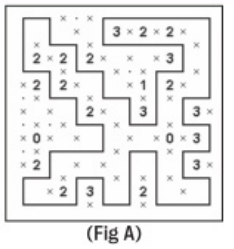
Joke of the day

I met a beautiful girl last night, but she was rather thin. I mean, this is a skinny girl. She turned sideways and you didn't see her. I took her to a restaurant and the maitre 'd said to me, 'Can I check your umbrella?'

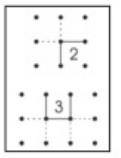
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

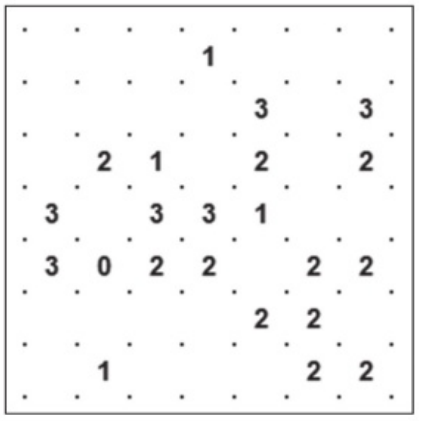


(Fig B) Not Allowed

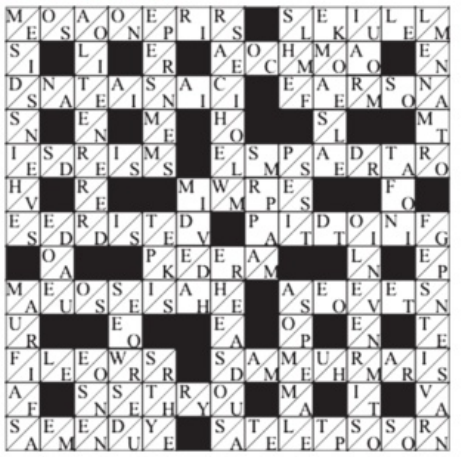
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



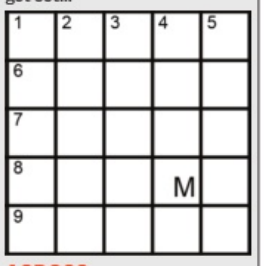
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

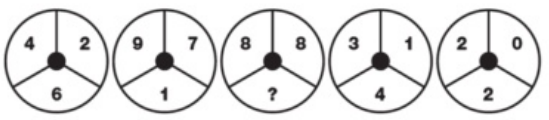
1 Salam; 6 I a car; 7 To gig; 8 Maine; 9 Canid

DOWN

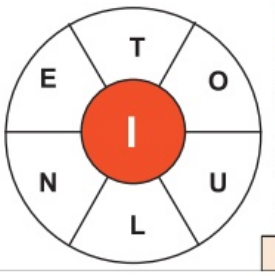
1 Galan; 2 In CIA; 3 Gamic; 4 Or maa; 5 Diest

Mensapuzzle

What is missing from the middle circle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

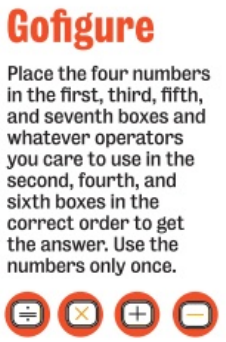
SudokuChallenge

	1			9			6	
8		3	6		5	1		7
			7		3			
3		6		7		4		9
9		4		5		2		1
			5		4			
6		5	9		1	3		2
	4			3			9	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 9

3 3 5 9

Medium = 7

2 4 9 9

Hard = 4

2 4 5 3

Hocusfocus

Find at least six differences in details between panels.

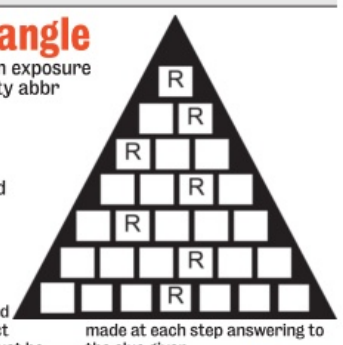
Differences: 1. Hand is not showing. 2. Foot is moved. 3. Collar is missing. 4. Leaves are added. 5. Sleeve is longer. 6. Cuffs are missing.

Riddler

When Question Mark unlocked the door, he thought that he would see his wallet straight away. But Skid Mark (Question's brother) decided to put the wallet in a safe. The combination is three 2-digit numbers which can be expressed like this: xx-xx-xx You are given the following clues to work out the combination: The total of the three numbers is 39. The second number is half of the third number. The first number is the third number minus 1. Can you find Question's wallet in time?

Alpha triangle

1 A unit of radiation exposure
2 Augmented Reality abbr
3 Bolted
4 Farm building
5 Grey matter
6 Author Khalil
7 Unpleasantly loud



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

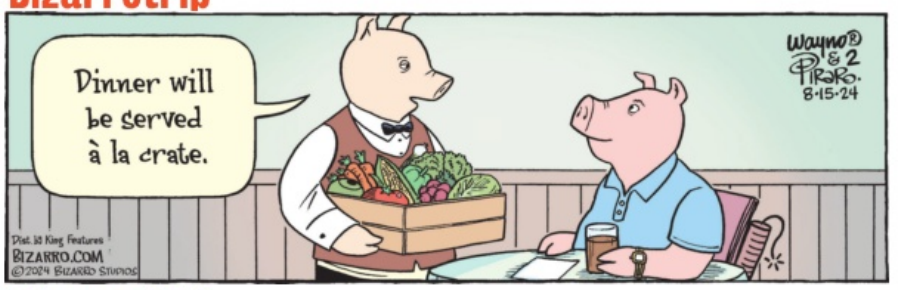
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

SHE'S BEEN DANCIN' FER HOURS!
AS LONG AS ME UNGENIE WANTS HER TO DANCE, SHE HAS TO KEEP GOING!
FASTER! FASTER!
CHA-CHA!
I HAS TO DO SUMPIN' B'FORE SHE DROPS FROM EXHAUSTION!
COME ON, OLIVE! YOU IS GOIN' HOME!
FINE! BUT YOU'LL HAVE TO DANCE ME THERE!
CHA!
popeye.com

Bizarrotrip



Diamond Lil

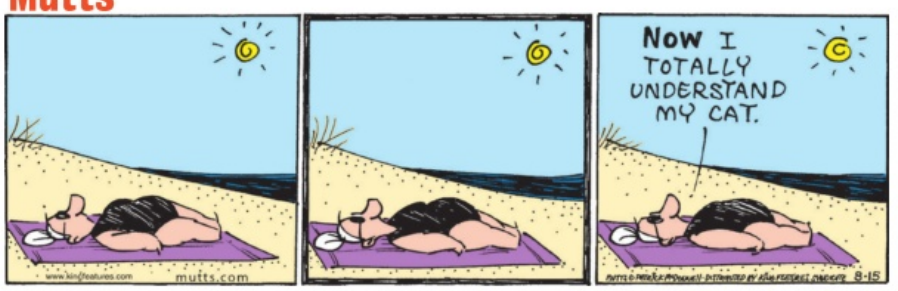
Hart of the city

HAPPY BIRTHDAY, HEART!
LET ME GUESS. YOU'RE NOT GETTING YOUR MAKEUP DONE-I AM?
CLOSE! I'M GETTING MINE DONE TOO. I CAN'T LET YOU HAVE ALL THE FUN!
DON'T GO OVERBOARD, CELESTE.
I WOULD NEVER!
BEAST OF THE CITY © 2024 ANDREWS MCMEEL

Crankshaft

FOR A WHILE THERE... I'D BEATEN THE ODDS...
CHAD AND JEREMY
I WAS DINING AND DANCING WITH GODS...
FOR A WHILE THERE.
THE KENT STAGE
PETER ASHER & JEREMY CLYDE
8-15
BATIUK & DAVIS

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, situations are under control, and you are blessed by Jupiter. You may be offered an important position or post at work. You might feel drawn towards religion and mythology, and your thoughts may feel stronger and clearer, boosting your confidence in your work. An overseas tour may also be on your mind.

Taurus Apr 21 – May 20
Today, you may feel unhappy and dull, which could impact your work and delay project completion, affecting your reputation both professionally and personally. Avoid adventurous activities or rushing while driving. Lovebirds may face relationship challenges. Job seekers might feel disappointed in their search for a new job.

Gemini May 21 – Jun 21
Today, you may perform exceptionally well at the office. Your bonding with your boss is likely to improve, and you may be assigned new responsibilities or even promoted. Chronic health issues may improve, and you could receive incentives for your hard work. Disputes with siblings may be resolved, and job seekers could find new opportunities.

Cancer Jun 22 – July 23
Today, you may feel healthier, with old ailments improving. Good news may come from a close relative. At work, you'll perform well, with colleagues ready to assist on critical projects. You may develop trust in your subordinates, which could enhance your social reputation. Positive news in a legal matter may also come your way.

Leo Jul 24 – Aug 23
Today, you might be busy with your children's education and career. There could be good news regarding their academics. However, lovebirds are advised to be patient in their relationships. Investors should avoid risky assets, as losses are possible. Engaging in meditation, yoga, or chanting may help you find peace in this challenging time.

Virgo Aug 24 – Sep 23
Today, you might feel dissatisfied and may not see the results of your hard work, which could lead to disappointment. Be sure to read documents carefully before signing contracts or making significant investments. Overworking may impact your domestic life, and you might be late for family or social events.

Libra Sep 24 – Oct 22
Today, you may be busy with social gatherings and family occasions, expanding your network. A short work-related trip may also be on the horizon. Disputes with siblings or friends could be resolved, and colleagues may help you complete a challenging project. You are likely to finish tasks confidently but should practice patience when interacting with others.

Scorpio Oct 23 – Nov 22
Today, you may implement new plans in your family business, which could lead to future gains. You may also be occupied with family or social events. Spending on creative items or artwork to renovate your home could elevate your social status. Be mindful of potential issues with teeth, ears, eyes, nose, or skin.

Sagittarius Nov 23 – Dec 22
Today, the moon's blessings may bring happiness, making it easier for you to enjoy daily tasks. Your vitality may empower you to make tough decisions, leading to increased profits. A short work trip may be on the agenda, and colleagues are likely to support you. Students may feel more focused on their studies. Mindful eating is advised to avoid stomach issues.

Capricorn Dec 23 – Jan 20
Today, you may feel dull, and lack of sleep could impact both your mental and physical health. Concerns over a family member's health may add to your worries. Spending on unnecessary items might strain your savings. Beware of potential conspiracies, and keep an eye on opponents.

Aquarius Jan 21 – Feb 19
Today, past investments may yield good profits. Tasks may seem easier, with obstacles clearing up. Your financial status might improve, with potential new sources of income. Couples might hear good news regarding children. Success may come with minimal effort.

Pisces Feb 20 – Mar 20
Today, you may meet someone who could positively influence your business or work. With destiny's help, previous losses may turn into profits, putting your financial health back on track. Lovebirds may make important decisions about marriage, and singles could find their soul mate.

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SOLUTIONS

SOLVE IN 1M
= (25 – 24)^{2023}
= 1^{2023}
= 1

RIDDLER
The combination is 15-08-16.

FAST FIVE

L	A	M	A	S
A	C	A	R	I
G	I	G	O	T
A	N	I	M	E
N	I	C	A	D

QUOTE UNCODE
Dwell not upon thy weariness, thy strength shall be according to the measure of thy desire.

STRIKE OUT

M	O	A	N	E	R	S	S	K	I	L	L			
S	E	E	D	Y		S	T	E	P	S	O	N		
F	N	E	H	R	U	M	T	A						
F	L	O	W	S		S	A	M	U	R	A	I		
M	E	S	S	I	A	H		S	E	V	E	N		
O		P	E	R	M		N		E					
E	D	I	E	D		A	I	D	I	N	G			
V	E		I	M	P	S		O						
I	D	R	I	S		E	S	P	A	R	T	O		
S	E		E	H		L		T						
S	A	T	A	N	I	C		E	A	M	O	N		
I	L		R	A	C	H	O	O		E				
M	O	A	N	E	R	S		S	K	I	L	L		

QUICK

E	X	O	R	C	I	S	T		H	E	L	D		
R		G		I		T		M		T		E		
O	C	E	A	N		S	T	U	D	I	E	D		
W		H		Y		A		I		N		N		
S	T	U	C	C	O		R	O	U	T	E			
Y		N			T			T				C		
C	L	O	V	E	R		P	A	S	S	E	S		
A		V		T		S		P		D	E	R		
R	O	Y	A	L		S	P	I	D	E	R			
U		Z		E		E		N		R		E		
C	R	A	S	H	E	D		A	T	P	A	R		
C	R	S		D		R		P		N				
A	R	C	H		K	O	R	I	R	O	T	I		

MENSA PUZZLE
1. Numbers in segments of the central circle equal the difference between the sum of the numbers in corresponding segments of the left two and right two circles.

BULL'S EYE
inlet, into, lien, line, lint, lion, loin, until OUTLINE, tile, tine, toil, unit, unite, untie,

SUDOKU

4	1	7	8	9	2	5	6	3
8	9	3	6	4	5	1	2	7
5	6	2	7	1	3	9	8	4
3	2	6	9	1	7	8	4	5
7	5	1	4	2	9	6	3	8
9	8	4	3	5	6	2	7	1
2	3	9	5	6	4	7	1	8
6	7	5	9	8	1	3	4	2
1	4	8	2	3	7	6	9	5

ALPHA TRIANGLE
R, Ar, Ran, Barn, Brain, Gibran, Blaring.

LOOP

GO FIGURE
Easy
3 x 5 + 3 – 9 = 9
Medium
9 / 9 + 4 + 2 = 7
Hard
5 – 2 / 3 x 4 = 4

KAKURO

6	1	5	9	8	7	4	3	2
3	7	9	2	6	4	8	5	1
2	8	4	5	3	1	9	7	6
1	5	3	7	2	6	9	8	4
4	9	6	8	1	5	2	3	7
7	6	2	3	4	9	1	5	8
8	3	1	4	5	2	7	6	9
9	4	8	1	7	3	6	2	5
5	2	7	6	9	8	3	1	4

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